

IMCZNEWS



AUGUST 2008



EDITOR'S SUBTEXT

One World Dreams of Olympic Athleticism

They are upon us again, the Olympic Summer Games, having arrived at the Middle Kingdom which, to some minds, would be their rightful place.. The Chinese are poised for a bonanza, having undertaken massive infrastructure projects to prepare their capital Beijing, and having extended this effort no less broadly and thoroughly to the corners of the land. By official reckoning, the 2008 Beijing Olympics are the most expensive games in history. Some USD 40.9 billion was spent between 2001 and 2007 on infrastructure, energy, transportation and water supply projects. An Olympic effort indeed before the first athlete set foot anywhere.

The effort went further, as 1.3 billion people were informed of, inspired and mobilized for the country's undertaking and ambitions, and their individual roles as hosts to the world's finest competitors - and their fans. Chinese citizens were cheer-led and instructed, to be mannerly, to stand patiently in line rather than push and shove, to avoid spitting and slurping, to smile but not to stare.

China's land mass is slightly smaller than that of the United States, but it has more than four times the population. This vast superiority in personnel numbers yields enormous potential for development of prize-winning athletes, if the country's athletic organizations manage to find and train them properly. The Chinese nation is on both these counts - sheer numbers and diligent, expert training - little inclined to accept anything like second rank to the USA in the medals department, especially if that metal be gold.

The Games may by this publication already be in their tenth official day. The onslaught of physical contest has surged into the venues, the Bird's Nest of Herzog and de Meuron most notably among them. Some 11,028 athletes from 204 National Olympic Committees qualified to compete in the 302 events in 28 sports, 165 for men, 127 for women, and 10 mixed. All this competition proceeds at a furious pace, from August 8 (football started on August 6) to August 24.

There's that parenthetical football. Didn't we just have such a ground-shaking event, and very close to home? Oh, I remember now, that was the warm-up to the greater, broader stage of diversified, comprehensive and global athletics.

But of course what actually interests anyone are the medals to be awarded and the metals that compose them. A total of 302 gold medals will be awarded in seventeen days, and the race is on to snare them. Apparently this is the only metal that counts, though medals in silver and bronze will be awarded in equal number.

Is that really all that matters, standing on the topmost podium, with the greatest potential for cashing in after the Games are over?

IN THIS ISSUE

FRONT PAGE

- New Members
- Editor's Subtext
- Future Events

EVENT NEWS

- IMCZ Summer Luau
- ZIWC/IMCZ TGIF San Marco
- ZIWC Swiss Summer BBQ
- ZIWC Ballenberg Outdoor Museum
- Organize a Trip to an AlpTransit Gotthard Site?
- ZIWC Business Forum Speaker
- Oktoberfest Events - Double Your Fun
- Dr. Lukas Eberle's Charity Work in Nepal
- Rinspeed Visit

HEALTH

- Think Iron, Man!
- ZIWC Matters of the Heart

CULTURE

- *The Bright Forever*, Pulitzer Prize Finalist by Lee Martin

SPORTS

- From the Trails: Hike to the Wildspitz, Admiring the Aletsch
- From the Lanes: On Strike at the Cherry Bowl
- IMCZ Golf Day-Masters 2008
- Kiriatic Yearim Charity Golf Tournament
- ZIWC/IMCZ World Heart Day Hike
- Poker Night

HUMOR

- Selections from IMCZ Members

BITS AND

- Member's Marketplace
- IMCZ Rates
- Corporate Space
- Adieu

REMEMBER

to attend the Stammtisch every Thursday evening 18:00 - 20:00.

Join us at the Park Hotel in Zug. Through the bar in the Dining Room!

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

René Möllnitz is of Danish origin, and speaks Danish, English and some German. René works with Global Supply Chain Finance Ltd here in Zug, and is also a resident of the city. He also has his own website at renemollnitz@renemollnitz.com.

Dr. Frederic Hermann comes from Germany, and besides his mother-tongue German speaks English, French and Spanish. Dr. Hermann practices dentistry at the Outpatient Dental Center in Zug, and resides in town with his wife Simone Hermann. Among his interests Frederic counts sailing, reading, conversation and cars.

Francis Schmeer is American and an English speaker. Francis is vice president of strategy with Sony Ericsson Mobile Communications in London. He and his wife Andrea and their two sons Oliver and Frederick live in Merlischachen. Francis's hobbies include football, swimming and automobiles.

continued page 4...

future events

August 24: IMCZ Summer Luau

August 29: ZIWC/IMCZ TGIF, Sunset Pizza

September 5: IMCZ Golf Day

September 6: ZIWC Swiss Summer BBQ

September 8: ZIWC Matters of the Heart

September 9: ZIWC Ballenberg Outdoor Museum

September 12: ZIWC/IMCZ TGIF, Hit Parade Boat

September 15: IMCZ Bowling

September 19: Kiriatic Yearim Charity Golf Tournament

September 28: ZIWC/IMCZ World Heart Day Hike

September 29: ZIWC Business Forum Speaker

October 10: ZIWC/IMCZ Oktoberfest

October 16-19: BMW Oktoberfest Zug

October 20: IMCZ Bowling

October 29: Dr. Lukas Eberle's Charity Work in Nepal

December 2: Rinspeed AG Visit

January 28: IMCZ AGM



What about the Olympic ideal of amateurism, of participation for the honor of the sport, nation, and competition with the best in the world?

Against the backdrop of all national and international doping controversy in numerous high-profile sports over the last several years, and the millions upon millions in promotional and advertising contracts that zoom around the globe in search of the next peaking athlete, the notion of amateurism, or of an amateur athlete, has become quickly equated with a naïve, unworldly person.

What is a viewer of competition to make for example of the Spiegel.online report ("Der Dealer Olympias," 11.08.2008) in which Angel Heredia's sweeping implications of high-level athletes banishes the idea that competitors have a chance of succeeding on the track or in the board room if they do not participate to the described rampant practices? How can I watch the competition and believe that the winner is really the winner, succeeding on the basis of talent and training rather than tricks or taint?

To dismiss the possibility that athletes and their trainers may attempt by dishonest means to attain the best result would really be naïve, but I cannot expect to be able to see directly on the television screen or by reading a newspaper article, whether someone has cheated, and nor should I hold results a priori for jiggled. It is my own conviction, I suppose, that true competition on a level playing field first occurs in the metaphorical nakedness of our Greek Olympic forebears, rather than in some invisible, untraceable armor, that ultimately makes the difference. If I can stand my own principle, then I can hold the athletes to it; otherwise I must concede defeat.

In this 29th Olympiad, seven nations are represented by a single athlete, and many more by five or less. There is something stirring, reassuring even, when the honor of representation and participation redounds so poignantly to so small a group - even to a lone individual. This impresses upon me more clearly what I have come to understand - and hope - Olympia to be about: honoring one's discipline, nation and opponents with one's best effort and wits, not shirking before the throng in any manner of disguise.

Of all the thousands of hours of broadcast competition, I hope you are able to catch a few of them and see the results of your favorite disciplines. May this provide some small inspiration to allay workaday concerns as the vacation season gradually closes.

Andrew DeBoo
IMCZ Newsletter Editor

IMCZ Summer Luau

You've waited all summer! Find that shirt you were told to stop wearing to the office ten years ago. It still looks great - and it still fits! No need to tuck it in, this is a very casual event, and it shows (hides) your progress better. Practice the hula-hula in front of the full-length mirror. That's it, you've still got it. All you need now is some steel guitar and a straw in a coconut. Get your kids to join in if they start laughing, because we are going to a luau!

The IMCZ cordially invites you to join us for an afternoon and evening of good, clean Hawaiian fun!

When: Sunday, August 24th, 15:00-20:00

Where: Waikiki Beach, Oberägeri (see map below). The Luau will be held in the area in front of the "bandstand" platform.

Price: IMCZ/ZIWC Members and Family CHF 25.-/Adult, CHF 15.- for children

What: Hula Dance Instruction, Limbo Contest, Luau history and an assortment of Hawaiian BBQ, Island Rum Punch, Beer/Wine and soft drinks at a beautiful Swiss, um, -beach! Prizes for the best male and female Hawaiian costume! Non-Member guest prices, add CHF 10.-



Limited parking but great public transportation from the Zug Bahnhof (#1 Bus)!

RSVP by Wednesday, 20 August to IMCZ-VP Michael Dillhyon at either Vice-President@IMCZ.com or 041/727 1984 so we can finalize the catering to match your appetite! The IMCZ no-show policy applies.

Tired of being misunderstood?

Amy Jost, past president of the Zug International Womens' Club and current president of the English Teachers' Association of Switzerland, ETAS, is offering group English courses in firms in Zug and Zurich. She teaches business and general English, as well as exam preparation: First Certificate, Business English exams (BEC), etc.
Call her today to organize the free testing and placement for your employees and colleagues. With over 20 years of experience, a dynamic and motivating style, outstanding qualifications and references, she's your first choice for meeting your firm's English challenges.



AMY JOST
Amy_Jost@gmx.de
Guggiweg 18, 6300 Zug
041 712 35 48





ZIWC Summer BBQ

Cool off in the late afternoon, assuage your thirst and conquer your appetite, linger in conversation and wistfully watch the summer sun go down...

The ZIWC is holding a BBQ by the lake in Zug, and the IMCZ is invited! Come and join us as we end the summer with an authentic Swiss barbecue with food, drinks, and entertainment.

All ZIWC and IMCZ members and their families are welcome. Enjoy the lakeside location and catch up with all of your friends.

When: Saturday 6th September 2008.

Where: Siehbachsaal Zug at the Zug Harbor.

Time: from 16:00 onwards till 22.00.

Dinner will be served between 17.30 and 18.30.

Menu: All-you-can-eat BBQ, wine, beer and soft drinks

Price: CHF 30 per person and CHF 10 per child (under 5's are free).

Please pay at the door.

Normal ZIWC cancellation policy applies.

This is a subsidized event, guests add 10.- per person.

Local, original Swiss dancers, Swiss alphorn and accordion players will provide entertainment. Mingle with old friends and meet some new. Snatch a few last rays of sun and put them in your pocket for safekeeping.

Bring the kids, relax and let someone else do the cooking. The lakeside location is perfect for children - with a playground right next door! If there are enough families who register, the ZIWC will organize a children's entertainer to keep the kids amused!

Please RSVP to Linda Staeger by Friday 29th August 2008 at party@ziwc.ch or call 078 739 0540 if you have any questions.

We are looking forward to seeing all of you Swiss enthusiasts there - prize for best dressed/most hilarious Swiss look-alike.

Organize a Trip to an AlpTransit Gotthard Site?

Construction Site Open Days • The Gotthard Base Tunnel is the longest railway tunnel in the world. The AlpTransit Gotthard AG organises several 'Construction Site Open Days' each year. These offer people who are impacted by the construction work, as well as any one else who is interested, an excellent opportunity to review in intimate detail and on site the progress in construction of the tunnel passing through cantons Uri, Graubünden and Tessin.

For example, last year on September 8 and 9, 2007, in ideal weather, the Erstfeld and Biasca construction sites were transformed into colourful fairgrounds: Gottardo celebrated «125 Years of Gotthard Railway». Some 50,000 railway enthusiasts, families and local residents were drawn by numerous attractions. There were also thousands of visitors to the AlpTransit Gotthard construction site at Erstfeld. Here, on these two days, they had the opportunity to take an exclusive look behind the scenes.

A similar event is being planned at **Erstfeld (UR)** for **Saturday, 13 September 2008**.

Interested in organizing a group? Please contact President@IMCZ.com.

The Erstfeld site information has been open since March 2008.

Opening times: Tuesday to Sunday, 9.00 to 17.00

Information: Phone +41 (0) 41 884 72 90

E-mail: infocenter@alptransit.ch

AlpTransit also offers visits to other sites, but the availability for groups disappears quickly. For example, the following openings exist at the sites listed:

Amsteg: Saturday, 6 December.

Sedrun: Sunday, 30 November, 7 and 14 December.

Faido: Saturday 8, 15, 29 November; Sunday 9, 16, 23 and 30 November.

Bodio: Saturday 8, 15, 22 and 29 November; Sunday 9, 16, 23 and 30 November.

Would you like to arrange a group visit to one of these sites? Please contact President@IMCZ.com.

ZIWC IMCZ TGIF

THANK GOD IT'S FRIDAY!

SUNSET PIZZA AT SAN MARCO

(The gentlemen whistle and clap.)

After a long week, let's all get together to have some fun! All ZIWC and IMCZ Members are welcome! Gaze at the lake to your heart's content and tell everyone how glorious your vacation was.

((Here they can sway to the beat and no one feels disturbed.)

This time we're meeting for sunset pizza!

(They're thrilled. Pizza? They understand that, especially if there's beer nearby.)

Perfect way to kick-off the weekend ahead!

(Cheers are drowned out by chomping)

Date: Friday, August 29, 2008,

Time: 19:00 to 21:30

Place: Ristorante San Marco, Fischmarkt 2 am See

RSVP: Gerie Servi at hospitality@ziwc.ch by August 27 if you would like to stop by.

Directions: Walking distance from the railway station in Zug, or with the #3 or #6 bus to Casino.

(You can lead a man to water).

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Board Member bios are posted under the following link: <http://www.imcz.com/Board.asp>. Go ahead and check them out!



ZIWC Ballenberg Outdoor Museum

The outdoor museum at Ballenberg shows Switzerland as it once was, and the ZIWC has planned a spectacular train journey across the Brunig Pass to go and view it. IMCZ members are invited to attend.

More than 100 century-old buildings from all over Switzerland nestle in a beautiful valley with wonderful views of mountains and forests. 250 farmyard animals, historical gardens and fields, demonstrations of local crafts and many specialities create a vivid impression of rural life in days gone by.

A guide will show us parts of the facility on a 2 hour guided walking tour starting on location at 10:30 am. Having worked up an appetite, there are a couple of restaurants in the area serving typical Swiss meals: Either 'Wirtshaus Alter Bären' or 'Degen', which is smaller and cosy. No seats are reserved so you can choose where you want to go and what to eat.

Good walking shoes, a sunhat (we hope!) and a bottle of water and enjoy this special museum! www.ballenberg.ch



Date: Tuesday, September 9

Time: 8:00 - 18:30

Start: at Zug Railway station at 8:00. SBB offers a RailAway ticket.

Departure 08:29 Zug > Luzern-Brunig-Ballenberg

Arrival: 10:09 at Ballenberg.

Return: planned on the 16:38 bus/train from Ballenberg with arrive in Zug ca. 1 hour and 50 minutes later.

Cost: RailAway ticket: CHF44.60 with Halbtax card (full price is CHF 72.80) including the train, the bus and the entrance fee to Ballenberg Museum.

Guided Tour: This is subsidized by the club so you only have to pay CHF10 for the two hour tour.

Booking deadline: Friday, September 5, 12:00 pm.

Booking Contact: Malene Perry on Programmebookings@ziwc.ch or Tel: 041 780 1471 or Mobile 079 678 4591.

Important: Malene will always confirm your booking, so if you do not get an e-mail, please contact her. Normal ZIWC cancellation policy will apply.

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Tyko Persson is Swedish, in addition to which he also speaks English, French and German. Tyko works with Nestle in Vevey, where he is vice president of manufacturing. He and his wife Otti Persson make their home here in Zug. Tyko enjoys travelling, reading, wine collection and cooking.

Joachim Weber is also Swedish, and also speaks English and German. Joachim is managing director of Wintcor in Zug, and is interested in golf and socializing.

Felix Gasser comes from Switzerland, and true to Swiss language capability speaks German, French and English. Felix is employed as head of managed futures with RMF/Man Investments in Pfäffikon, and makes his home in Küssnacht am Rigi.

John Henry Smith hails from England, but also has Swiss citizenship, and speaks English and German. John is managing director of Grail Securities (Switzerland), a financial assets management and advisory firm with special emphasis on US equities. He and his wife Benita and their children Angela and Richard make their home in Hüenenberg. Among his interests John lists photography, writing, video making and the stock market.

Slainthe Mhath!

Welcome to the whisky experience.

In October I have organised a long weekend adventure to the Highlands of Scotland to experience spectacular scenery, great whisky and the Scottish atmosphere. The tour will be limited to 10 persons and we will leave on Wednesday and return on Sunday. Please contact me for further information if you are interested.

My services and events include;

- ▶ whisky tastings for the beginner or connoisseur,
- ▶ whisky advice, guidance and ordering,
- ▶ Scottish & Irish musicians on tour,
- ▶ travel programmes to Scotland and Cornwall,
- ▶ traditional Scottish Ceilidhs and St. Andrews parties,
- ▶ tributes to Scottish poet Robert Burns,
- ▶ group sizes from 20 - 200, private or business,
- ▶ tailor made events designed to your requirements.

www.thewhiskyexperience.com

Contact details,

e-mail: mark@thewhiskyexperience.com
telephone: 041 534 63 80
mobile: 079 433 30 12

Regards & Slainthe Mhath,
Mark Chesterfield.





ZIWC Business Forum Speaker

The ZIWC Business Forum offers opportunities to network, share knowledge and experience and to hear from experts and inspirational speakers.

The Forum, which focuses on women in business, extends its invitation to the IMCZ to participate in select events. Notably, the 'Kick Off' event for the year will be an inspirational speaker.

Steve Genter is an ex-Olympic Freestyle winner. He will speak about what drives success, the pains and gains and how that has shaped him as a person. We can consider how those lessons translate into our lives and take away some inspiration from a real success story.

Here is a brief profile:

Steve Genter learned to swim at 10 years old. At 11 he joined a local swim club, where he received the name 'Driftwood'. He stayed with this club throughout his swimming career. His winning streak as a swimmer started when he was 14 and began winning the local Junior Olympic competition. Later he became a High School All-American champion. At university, he became water polo and swimming national champion, World Student champion and a Pan-American champion.

In 1972, he became an Olympic swimming champion, winning Gold, Silver and Bronze in Freestyle. In 1974, he moved to Switzerland where he continued to play water polo at national and international level. He then started to compete in triathlons as a hobby and coached others in swimming, water polo, triathlon and basketball.

Steve now works in a computer department, hits the pools on occasions, runs and bikes. He considers himself "a retired sportsman". Come and hear an inspiring speaker reflect on his personal story.

For more information about Steve check out http://en.wikipedia.org/wiki/Steve_Genter and <http://www.sports-reference.com/olympics/athletes/ge/steve-genter-1.html>

- Date:** Monday, 29 September, 2008
- Time:** 18:00 - 20:00
- Place:** Park Hotel, Zug in the Risch Room
- Cost:** CHF 20 to cover the cost of a light apéro from 18:00 - 18:30, and the venue
- RSVP:** Please contact Hilary Kennedy on hrcbusiness@yahoo.co.uk by Wednesday, 24 September. ZIWC cancellation policy will apply to no-shows.

Oktoberfest Events Double Your Fun

IMCZ members have in 2008 substantial opportunity to indulge their interest, appetite and thirst for Oktoberfest, since two local and friendly organizations have extended invitations to us.

ZIWC OKTOBERFEST

The ZIWC, as is becoming tradition, will organize an Oktoberfest in the Pulverturm with our help. To be expected are good beer, original Weisswurst, great attendance and lots of fun. It is whispered that a delegation from Munich might attend incognito to get some ideas on how to organise a party.

Date: Friday, October 10, 2008
Further details will follow as to time and costs, but slot this into your calendar now.

Corporate HRM Services and Solutions

A Good Start in Zug = Performing Well on the Job!

From time to time, your company needs to transfer management staff from headquarters or from one of your subsidiaries to your offices in the Canton of Zug.

Naturally, you would like to make your transferees feel as welcome as possible and to ensure that they and their families adapt quickly to their new environment.

In addition to arranging suitable housing for your new staff, you want to make sure that their wife and children are well taken care of with regards to the local infrastructure, schooling, transportation, shopping and social life.

Only once these issues are well considered and their needs fulfilled will you be assured that the transferred staff is happy - and therefore working efficiently for the benefit of your company

Therefore it is important that somebody welcomes, accompanies and coaches your new foreign staff and their family to ensure that the integration proceeds smoothly and efficiently.

That's the time to make contact with my office. I have over five years of experience working and living in European and overseas countries and therefore know what it means to live and start work in completely new surroundings.

My 30 years in the Canton of Zug have given me an excellent inside view and considerable important connections, including the local government offices, real estate agencies, law firms and with tax authorities. These connections will be of invaluable assistance to your transferred management staff, particularly in connection with housing and with personal integration in the Zug and Swiss cultural and social environment.

Make an initial appointment with me so that we can discuss how my state-of-the-art service can give your transferred staff a happy, optimal and motivated beginning.

Fritz Neuenschwander Corporate HRM Services and Solutions

Seestrasse 3, 6330 Cham
Phone 041 711 78 21, Mobile 079 823 63 37

BMW OKTOBERFEST

On a larger scale, the IMCZ has been invited to reserve tables in a traditional Oktoberfest tent, to be set up on the Siemens Building Technologies premises. Music and good humor will abound.

Tables seat ten persons, and must be reserved en bloc. After you've whet your appetite at the ZIWC event, you can really beat the belly drum here! Further information as to time will follow.

Date: Thursday, 16 - Sunday, 19 October, 2008

Cost: CHF 28 per person; each paying guest receives vouchers of CHF 10 for drinks and CHF 10 for food.

Get out your Lederhosen! Start training to see how many Maass you can handle. If you would be interested in attending this BMW event, please notify a member of the IMCZ Board.



Dr. Lukas Eberle's Charity Work in Nepal AN INSPIRATIONAL EVENING

Dr. Lukas Eberle is a Swiss physician with a medical practice in Brunnen, but he is also strongly engaged in humanitarian projects; his work in Nepal is a prime example. The ZIWC's Special Projects Committee last year engaged to support Dr. Eberle's efforts and raised CHF 7750.-, presented to him as a check.

Dr. Eberle wrote to the ZIWC newsletter, "I really cannot say how grateful I am for this extraordinarily generous donation. I guarantee that the total amount donated will be used in its entirety towards the benefit of the poor in Nepal in the form of medicine, operations or urgently required medical resources. With roughly CHF 15,000 we can treat up to 1500 outpatients including medicines, we can undertake up to 150 ear operations and can fit up to 90 hearing aids. You can see how much help we will be able to give, with the amount donated."

Dr. Eberle has offered to present and speak on his work. The ZIWC extends an invitation to IMCZ members and their partners.

Date: Wednesday, October 29, 2008

Time: 20:00; presentation and discussion to last approx 1.5 h

Location: Congress Center (Metalli complex, across the street from the Park Hotel)

Cost: genuine, generous interest in humanitarian medical work

We are hoping to have as many interested people as possible attend this event. It should be a very inspirational and informative evening! Coffee, tea and light snacks will be available before and after the discussion.

Rinspeed Visit More Than Fantasy Cars



You thought this was just for James Bond? Think again. Better yet, go to Rinspeed AG in Zumikon and get a closer look! This is an early Christmas present. A guided tour will be offered in English, and you can participate.

Date: Tuesday, 2 December 2008

Time: 19:00 - 21:00

Location: Rinspeed AG, Zumikon

Directions from Zug:

Zug	S9	17.38 p.m.
Zürich Stadelhofen		18.30 p.m.
Zürich Stadelhofen	S18	18.35 p.m.*
Waltikon		18.50 p.m.

*The track for the **S18 (Forchbahn)** is outside of the Stadelhofen station.

Costs: CHF 15.- per person.

IMCZ must inform of the number of participants by 30 November 2008. Please register at President@IMCZ.com.



Did you receive your Membership Directory?

International Men's Club of Zug

sumners graphics inc.
we photograph anything.

sumnersgraphics.com
041 535 61 22
photography, smothered in fine graphic design

Matters of the Heart Cardiac care for women

Guys, let's face it. You would be lost without the women in your lives. Whether your wife, daughter, mother, partner or friend, I am sure we are all very near & dear to your hearts. What would you do without us?

September is globally recognized as Heart Awareness month. Did you know that heart disease & stroke kills more women each year than cancer, tuberculosis, HIV/AIDS and malaria combined? In light of those alarming statistics, the good news is we can do something about this disease. Through prevention, knowledge and care, Women can fight this disease. To be informed is priceless.

ZIWC would like to invite your partners, mothers, daughters or friends to attend **Matters of the Heart**, an informative evening with guest speaker, **Dr. David Ramsay**, Attending Physician Specialist for Cardiology & Internal Medicine at the Kantonsspital Zug.

Date: Monday, September 8, 2008

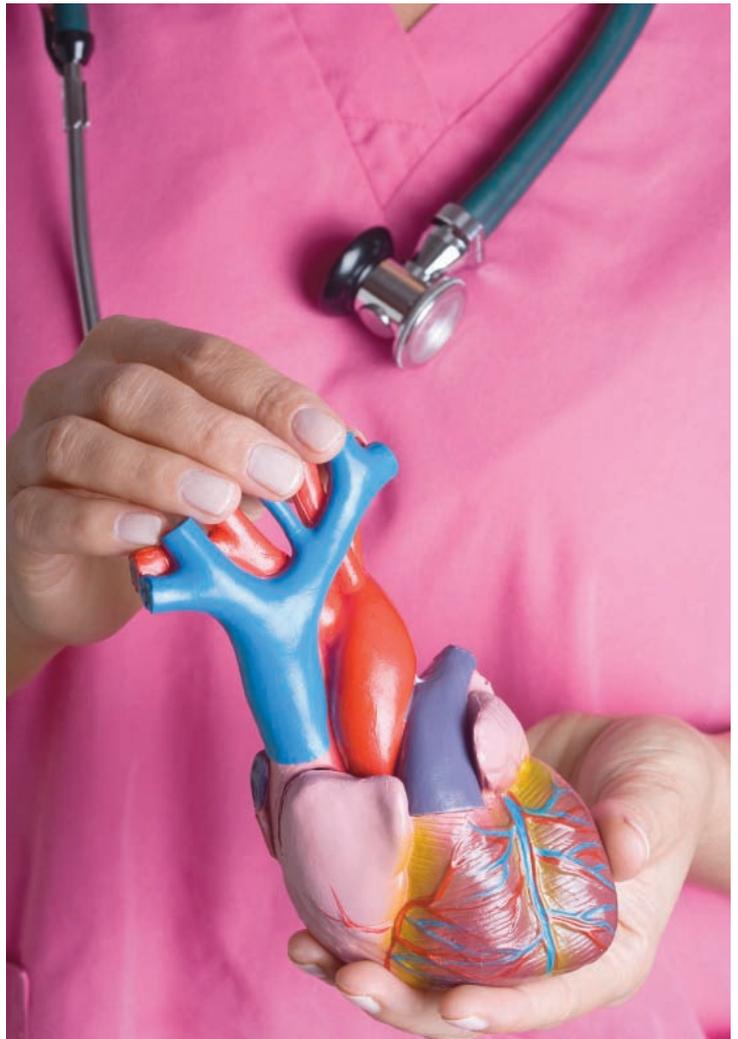
Time: 18:15 to 19:30

Location: The New Zuger Kantonsspital (Hospital) in Baar
Landhausstrasse 11
Conference Room "OPAL" 1st floor

Topics for discussion include Prevention (nutrition & lifestyle), Know your numbers (cholesterol & triglyceride levels), Warning Signs (they are different between men & women) and Difference between heart disease and stroke.

Thank you for passing along this invitation to the women in your life.

Please make sure the women in your life contact Gerie at hospitality@ziwc.ch by September 5th if you would like them to attend.



Think Iron, Man!

Contributed by IMCZ member Remo P. Jutzeler van Wijlen, Head R&D Sponsor Sports Food Ing. Appl Food Sciences, MAS Nutrition & Health ETHZ

You do not have to consider taking part at an official ironman or another triathlon event, nor to pump more iron at the gym, but you should consider what to drink with your meal in order to improve the absorption of your dietary iron.

The most important nutrient deficiency worldwide is the one of iron (anaemia). No matter if looking at industrial countries or in the third world! The global prevalence of anaemia is some 25%. Whereas severe anaemia (>40%) is commonly found in the third world, it is also high in women of childbearing age (20-50% globally). Iron supplementation in the 2nd and 3rd trimester of pregnancy is recommended in most countries.

Why is iron deficiency so common? In the third world a main reason is poverty and the concomitant lack of red meat in the diet, combined with staple food high in fibre



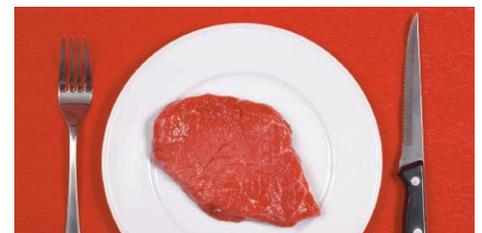
which inhibits iron absorption due to its phytic acid content. But also parasite infections are an important reason.

In our world it is rather due to a phenomenon called "pudding-vegetarianism," referring to simply skipping meat from the dishes for whatever reasons. But there are some interesting nutritional implications concerning iron absorption from one's diet.

Nutritionally, the best iron comes from red meat and is called heme iron. It is easily absorbed and it is an absorption-improving factor for the so-called non-heme iron from plant-derived foods. The absorption in the gut of the latter iron form is much lower and inhibited by a number of substances from composite meals, e.g. caffeine and phytic acid from high-fibre foods. A study could measure a reduction in non-heme iron absorption of 62% and 35% when tea or coffee respectively was drunk with a meal composed of a hamburger, string beans and mashed potatoes. But when indulging a cup of orange juice instead,

absorption improved by 85%! Milk and beer did not have a significant effect, but wine increased the amount of absorbed iron three times because of its naturally high iron content!

The advice on how to improve iron absorption may be put to a straight and clear-cut guideline: drink either a fruit juice to your meal or squeeze some lemon juice over your veggies.

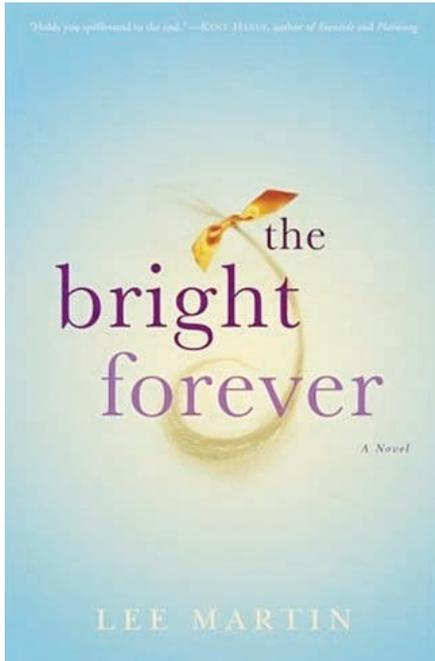


The fruit acid will reduce plant-iron to the absorbable chemical conformation. Importantly, this not only counterbalances the iron-complexing effects of foods (or beverages) like coffee, tea or healthy high-fibre foods, but it offers a net positive effect on iron absorption. And once more, red meat is the best iron source there is, meaning that beef lovers do not have to argue about iron absorption at all;-). Think about it while savoring a glass of wine with your next "château-briand".

The Bright Forever; a Pulitzer Prize Finalist by Lee Martin

by IMCZ News Editor Andrew DeBoo

The Reading Circle for English Language Literature Zug discussed Lee Martin's *The Bright Forever*, a Pulitzer Prize Finalist in 2006, at its August 7 meeting at the Stadt- und Kantonsbibliothek.



Tower Hill, Indiana is a small town in America's Midwest, courthouse in the center, surrounded by a square of shops. The place is small enough that the inhabitants all know each other.

Katie Mackey is a nine-year old girl. Her father, Junior Mackey, owns the local glassworks and is one of Tower Hill's wealthy citizens. Junior lives with his wife and two children in a fine home with a lawn large enough that Gilley, his son, has space to practice golf, the sport he plays at the local high school, in the evenings during the Summer of 1972 after the family has had supper together.

The house has a porch, with a swing, where Katie likes to sit with her friend Renée and play a game of making heart-wrenching choices, such as between two beloved songs, or two charming television actors. The game sometimes leaves one or both of the girls in tears, or ends in a quarrel, meaning they don't speak to each other for two days.

The porch swing is where Katie sometimes sat that Summer with Mr. Dees, the unmarried high school math teacher who lives over in Gooseneck, the lesser part of town. During the vacation months he tutors pupils who need the help, and Junior has hired Mr. Dees to help his daughter. Mr. Dees's bungalow is next door to Clare and Raymond Wright, a somewhat unmatched

couple. She, shortly widowed, met Raymond, an itinerant construction worker, at the Top Hat Inn, where she sometimes went after her work at the hotel.

In this setting of relative civic and familial comfort, tragedy intrudes and turns everything upside down. Sketching people and a town which appear out of reach of any both-er beyond summer heat and Midwestern dust, Martin deconstructs the façade of every character, unravels every myth that small-town life as that cozy American cliché is safe, secure, a source of comfort, well-being and a sense of belonging.

Katie disappears, having pedaled off to the library after supper to return her overdue books. Junior and Gilley Mackey find her bicycle where she left it standing near the courthouse. The police are called in, and they begin questioning the people who knew and might have seen the girl. Martin allows a select circle to narrate the story, each from his or her point of view, which reveals intimate truths that both repulse and ensnare the reader in compromising knowledge and understanding.

Each character divulges things that bring the reader into collusion, participation in sustenance of secrets that expose innocence and weakness, but also raise disgust, pity, or the sense that the reader has witnessed something actually too private to be seen. The reader is a voyeur gazing greedily forward toward the next compromising exposure that might climax in incrimination or damnation.

Mr. Dees, the aging bachelor, can hardly believe his luck at being asked to come to the home of one of his former pupils, because for years he has watched the Mackey family with deep envy, even love, imagining to himself the beauty of the household and how precious it must be to share that togetherness without which he has lived for so long.

Raymond Wright is also a drug addict, a fact he conceals from his wife. He is subject to fainting spells, which serves him none while on the job, is prone to violent dreams, which bloodies Clare's lip but makes her love him all the more for his vulnerability, and he needs to support his habit. He must get money regularly and drive off out of town to get what will put him at ease for a time. Raymond is sensitive enough to apprehend vulnerability in Mr. Dees, and as handy with yard work and home repairs as he can see that his neighbor is not, he ingratiates himself with offers of help until he is in a position to ask for money. Mr. Dees, not recognizing the ulterior in the attention offered to him, gradually reveals things about himself that Raymond can exploit further.

Clare doesn't recognize how truly troubled Raymond is. She is too thankful, too relieved that she will not live out isolated, loveless, dreary days. The neighbors across the way liked her former husband, before he dropped dead of heart failure, not her, and now that she has taken up with Raymond they cannot give her the time of day. Well Raymond has built her a porch too, out of blocks he

brought home in his truck from one of the construction sites. She pities him his poor, desolate childhood in Minnesota. She is so glad to have someone to love.

Mr. Dees's watching of the Mackeys has taken him to stand outside their house in the evening and look in their windows. He has entered their home when he has seen them leave the house. And he so loves Katie. She is almost his child. On the day she disappeared, while they sat on the porch swing, he kissed her. Lightly on the cheek. Out of joy that she solved a problem correctly. He, a bachelor beyond middle age. Flummoxed and flabbergasted, he bid Katie adieu and left. What had he done?

Of course he could not tell the police that when they came to his house later in the evening asking about whether he had seen Katie. He lied, saying he had helped her with problems and then come home. They believed him, because people always believed him.

Raymond Wright is incriminated by an anonymous phone call to the investigator, and it only comes out much later that Mr. Dees had placed that call. After he had seen them together. In Ray's truck. Ray must have been on drugs, the way he was talking and behaving.

Clare remembered that Ray had told her Mr. Dees was a pervert. He had his eye on that family, and on that young girl. She told the police later that Mr. Dees, and not her husband, was the man they should take into custody. She also thought she might know where the body could be found.

Other revelations are made, such as of Junior and Patsy Mackey's high school sweetheart days, sobered to adulthood on an evening when they drove to Indianapolis with the money his father had given him and knocked on an alley door, Junior ushering Patsy over the threshold of doubt when it opened, and the silence they've maintained since it shut through all their years together.

Or of how sheriff Tom Evers remembered that he had let slip to Junior Mackey that the prime suspect Raymond Wright was in custody over in Georgetown, the same Junior who owned a gun that he knew about, and the glassworks with its furnace that reached temperatures hot enough to vaporize human bone, but against whom he could bring no evidence linking him to the disappearance of the prisoner and alleged criminal.

Lee Martin's character portraits expose each significant figure in the story as flawed, vulnerable, weak or potentially dangerous. Beyond the strict incrimination of the law, all are accomplices, willing or unwitting, marked by their knowledge of themselves and each other, burdened by their understanding.

The Reading Circle's next text will be Anne McDermott's *After This*. The meeting takes place on 11 September in the Dachraum at the Stadt- und Kantonsbibliothek in Zug. For further information on the Reading Circle please contact Andrew DeBoo.

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FROM THE TRAILS... Hike to the Wildspitz, Admiring the Aletsch

Contributed by IMCZ Membership Coordinator Joseph J. Dow

Invoking the raindate on Saturday, 5 July, and thereby ignoring pleas for common sense from the ZIWC executive, a combined brash expedition of IMCZ and ZIWC members set out to conquer the Wildspitz, the highest point in Canton Zug.

Twelve brave souls began the trek from the Zugerberg and traveled the mostly level path to Alpli, where they enjoyed a short break and beverage, before attempting to reach the Wildspitz summit.

ZIWC member Nicole Buehler, despite her novice level, refused to surrender to the mountain's rigors, and keeping her mind on the goal, bravely defeated exhaustion in mounting the zig-zagging, near vertical trail to the top at 1580 m. Her irritation was understandable when IMCZ-VP Michael Dillhyon quipped, "Anyone know where I can get a taxi around here. I gotta get going back."

After a brief but pleasant lunch on the summit, the expedition reassembled to leave the "death zone" and descend to the lower altitudes of Unteraegeri. IMCZ's top man, David LeBow, took a small splinter team down the face to Sattel. Their downward march and adventures have surely been told to Stammtisch listeners.

Aletsch Excursion

A similarly ambitious excursion on Saturday, 16 August, journeyed to the amazing Aletsch Glacier. There two optional hikes proceed from the Bettmerhorn top station, but many opportunities exist for viewing the glacier via aerial tram, along with dining choices.

The 5:00 am departure from the Zug train station to Bettmeralp separated the truly willing from the hopefuls. For those choosing to travel on their own, the group assembled at approximately 9:15 AM at the Hotel Alpenfrieden in the center of Bettmeralp.

A 2-day Wanderpass Aletsch, available for CHF 55 (CHF 40 w/ Halbtax), gets hikers up and down the mountain peaks.

Our day consisted of a tram ride up to the Bettmerhorn top station, where there is a restaurant and viewing opportunities of the glacier. A short, difficult Wandersteg hike to the summit was planned for the adventurous in our group. Upon the summit team's return to the top station, those wishing to hike back to Bettmeralp undertook a much



easier but long hike down to Fiescheralp by way of the Mäjelensee and eventually back to Bettmeralp. We took the aerial tram up and back from the Eggishorn for more viewing of the glacier. Total hiking time was reckoned to be approximately 5 - 6 hours, including the summit hike.

Excursion organizer Joe Dow gave an account of what turned out to be a glorious excursion. "We had a fantastic day with clear weather and great views of the glacier, Matterhorn and Weisshorn. I went with a "summit assault team" of two other guys up to the top of the Bettmerhorn and further towards the Eggishorn. It was a blue and white alpine route, basically mountain climbing without ropes. We went for one and half hours along the ridge before turning to go back down. It was so beautiful and exciting that I was fine for the first 45 minutes, pushing off the wall at one point and letting momentum swing my body to grab the next handhold and thinking "yeah, this is why I love living in Switzerland!" It's literally thrilling."

"Then, I started to get a bit nervous when we took a break, the adrenaline started to wear off and I had time to think about it (basically how easy it would be to slip and actually fall to my death). When you are moving along, you are singularly focused on the next step or handhold. Nothing else comes into your mind. Even though at the top of the highest peak, I found a safe place to sit between two rock plates, I felt a panic attack coming on and was very eager to start back down. Going back was tense and my legs were shaking a bit. I scared myself – and that never happens to me. Believe it or not, it was going along the top, that felt most uncomfortable and exposed, rather than going up or down. Thank God, there was no wind at all."

The overnight stay option at Hotel Alpenfrieden in Bettmeralp offered added appeal. Accommodations were comfortable and the group dined very well. The area abounds in stunning, unforgettable views, and cozy lodging makes the trip highly recommendable.



Poker Night!

▶ Interest in joining a poker league?

We are looking for beginners, amateurs and card sharks to form a monthly poker league.

Email Vice-President@imcz.com

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for further details





IMCZ GOLF DAY The Masters 2008

We are organising a golf day for all at Holzhausern.
Come out and match yourself against the sterling best of IMCZ.

- Date:** Friday, September 5th 2008
- Time:** see program below
- Place:** Holzhausern Golf Club, CH-6343 Holzhausern
- Cost:** CHF 20

The program for the day is as follows:

- 8:30** "The Masters" - an 18-hole Stableford competition.
- 13:30** A light lunch of beer and sandwiches.
- 14:15** The "Bucket Challenge"
- 15:00** "The Back 9" - a 9-hole Texas Scramble competition.
- 18:00** Prize awards and another chance for a beer.

There will be prizes galore for, more or less, everything you do. So surprise yourself and win one. Everyone will drink to you. Then you can drink to yourself. Again.

The "Masters" tournament will NOT be handicap effective ("handikapwirksam") but the main prizes will be given based on the traditional Stableford rules of scoring.

The cost of the day will be...

18 holes in the morning	CHF 70.-
9 holes in the afternoon	38.-
Some money to buy decent prizes	22.-
Bucket Challenge	0.-
Tell everyone how good you played	Priceless
Total	
CHF 130.-	

To register or for more information contact John Stuart
Tel. 079 215 6871 • e-mail: John.Stuart@homatec.com

Kiriat Yearim Charity Golf Tournament

Kiriat Yearim is a Swiss charity organization which provides support for traumatized children through a day-care system in Israel, educates Arabic mothers and their children through a mother-to-mother program, and organizes projects, dialogue and integration between Arabic and Jewish culture.

The organization is sponsoring a golf tournament, and IMCZ members are invited and requested to participate.

- Date:** Friday, September 19, 2008
- Time:** latest tee time 14:00; followed by cocktails at 'au premier.'
- Place:** Golfpark Holzhausern, CH-6343 Holzhausern
- Cost:** CHF 170; this participation fee includes CHF 50 donated directly to Kiriat Yearim.
Larger additional donations gladly accepted.

The tournament will be handicap effective. Prizes awarded for best player (gross and net), longest drive, nearest to pin and hole-in-one.

- Confirm: participation** by Friday, 12 September
Franziska Suter Schmid, Tel. 041 850 6606
or zentralschweiz@kiriat-yearim.ch
Semra Burla, M 079 415 5057 or semra@burla-ch.com
Reservation with Golfpark Holzhausern by September 14
Golfpark Holzhausern, Tel. 041 799 7010

FROM THE LANES... On Strike at the Cherry Bowl

Last month's contest at the Cherry Bowl brought out 27 bowlers, more than half of whom posted averages over three games of more than one hundred. Fifteen bowlers had at least two games with scores above one hundred, and eight participants broke the century ceiling in all three games.

This time Nick Galatis appeared in person, and your editor took a holiday. But alas, the men's evening prize was claimed not by Nick, but by Otto Steuri with an average of 165, outdistancing John Hosking by twenty pins per game. Beat Züger finished third among the gents with an average of 141.

The ladies also sported their share of contest. Carol Gipson led the ladies yet again, going away with an average of 128 to win the evening's prize. She bettered Janis Meier by an average of 27 pins per game. Rounding out the top trio of women was Renata Strenger, who finished with an average of 96.

IMCZ member Stephen Butterworth's enthusiasm and coordination effort is inspiring and magnetic. The next date is already **Monday, 18 August**. Several players have pre-booked. The IMCZ's regular bowling event for Club members takes place on the **3rd Monday of every month**. Dates to follow include 15 September and 20 October. Stephen Butterworth has negotiated a splendid 25% discount with the Cherry Bowl (just off the end of the freeway in Sihlbrugg).

The crush of strikes and thrill of spares begins at 19:30, and the event is open to registered and prospective IMCZ and ZIWC members. Early arrival to assure good shoes, a good ball and some liquid calisthenics is encouraged. **Reservations are required**, since the Cherry Bowl must be notified of how many bowlers to expect. **Please contact Steven Butterworth by the preceding Friday** via e-mail or phone, butterworthsp@gmail.com or **041/790 4172**. If you register to bowl and can't attend, you must let him know by the preceding Friday. The **IMCZ No-Show policy** applies. The cost for an evening is CHF 20.00 for two hours of bowling and shoe rental - a bargain indeed - and concludes at 21:30.

ZIWC/IMCZ World Heart Day Hike in Zurich

World Heart Day is celebrated globally on September 28 to create public awareness of risk factors for heart disease & stroke and to promote preventative measures such as exercise & a healthy lifestyle. This year's theme is "Know your Risk".

In celebration of World Heart Day, the Swiss Heart Foundation is sponsoring hiking tours in key cantons throughout Switzerland.

Come join us on the Walking for your Heart Hike in Zurich. All members, family, dogs & friends are welcome.

- Date:** Sunday, September 28, 2008
- Time:** 10:00
- Place:** Zurich Rehalp (good connections by S-Bahn from Zurich main station)
- Hike:** Start at Zurich/Rehalp - Zollikon - Küsnacht to Erlenbach
This is part of the Panorama Trail on the right bank of Lake Zurich Hike rated easy (flat & marked). The event will take place whatever the weather (rain or shine).
- Cost:** Public Transportation to starting point & back home.
No additional cost for the hike. Bring your own water.

Website: www.worldheartday.com or www.swissheartgroups.ch

Please contact Gerie at hospitality@ziwc.ch by September 25th if you are interested in participating in the hike and if you need further information.



contributed by IMCZ Members David Harris,
Joseph Dow, Bas Veenendaal

A bicycle cannot stand alone; it is two-tired.

A hip young man goes out and buys the best car available: a brand-new Ferrari 575 M. It is also the most expensive car in the world, and it costs him \$350,000.

He takes it out for a spin and stops for a red light. An old man (about 75 years old) on a moped pulls up next to him. The old man looks over at the sleek, shiny new car and asks, "What kind of car ya got there, sonny?"

The young man replies, "A Ferrari 575M. It costs nearly half a million dollars!"

"That's a lot of money," says the old man.

"Why does it cost so much?"

"Because this car can do up to 285 miles an hour!" states the young dude proudly. The old man asks, "Mind if I take a look inside?"

"No problem," replies the owner.

So the old guy pokes his head in the window and looks around. Then, sitting back on his moped, he says, "That's a pretty nice car, all right... but I'll stick with my moped!"

Just then the light changes, so the young guy decides to show the old man what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph. Suddenly, he notices a dot in his rearview mirror. It seems to be getting closer! He slows down to see what it could be, and suddenly, WHHHOOOSSSHH! something whips by him, going much faster.

What on earth could be going faster than my Ferrari?! the young man asks himself. He floors the accelerator and takes the Ferrari up to 250 mph. Then, up ahead of him, he sees that it's the old man on the moped.

Amazed that the moped could pass his Ferrari, he gives it some more gas and passes the moped at 275 mph. WHHHOOOSSSHH! He's feeling pretty good until he looks in his mirror and sees the old man gaining on him again. Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 285 mph. Not 10 seconds later he sees the moped bearing down on him again. The Ferrari is flat out and there's nothing he can do.

Suddenly the moped plows into the back of his Ferrari, demolishing the rear. The young man jumps out; unbelievably, the old man is still alive!!! He runs up to the mangled old man and says,

"Oh, my God! Is there anything I can do for you?"

The old man whispers softly, "Unhook... my... suspenders... from... your... side-view... mirror."

A Scotsman was heading out to the pub and turned to his wife before leaving...

'Jackie - put your hat and coat on lassie.'

'Aw John that's nice - are you taking me to the pub with you?'

'Nah, just switching the central heating off while I'm oot.'

The first people in the UK to have double glazing were the Scots. ... so their kids couldn't hear the ice cream vans.

How many Scotsmen does it take to change a light bulb?
Och! it's no that dark!

A suicidal Scotsman went next door to his neighbour's house to gas himself....

A very popular man dies in Aberdeen and his old widow wishes to tell all his friends at once, so she goes to the Aberdeen Evening Express and says 'I'd like tae place an obituary fur ma late husband'

The man at the desk says 'OK, how much money dae ye have?'

The old woman replies '5 Pound' to which the man says 'Ye wont get many words for that but write something and we'll see if it's ok'

So the old woman writes something and hands it over the counter. The man reads 'Peter Reid, fae Kincorth, deid'

He feels sad at the abruptness of the statement and encourages the old woman to write a few more things, saying 'I think we cud allow 3 or 4 more words fer ye money.'

The old woman ponders and then adds a few more words and hands the paper over the counter again.

The man then reads 'Peter Reid, fae Kincorth, deid. Ford Escort for sale'...



Photo of the Month

Matterhorn • Ron Summers

www.istockphoto.com/sumnersgraphicsinc

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Longer advertisements cost CHF 30.-

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Members' Marketplace

FOR SALE: SWITEL Internet Phone IP 700K, VoIP phone for a PC, never used because I was stupid and forgot I have a Mac. Duh.
sumners@databaar.ch CHF 30.

Farewell ... adieu

The **IMCZ** wishes well to:

Languid days of Summer ...

IMCZNEWS *Wants Your Input*

The IMCZ Board has set itself goals for 2008 of getting members more involved in planning and execution of Club events, improving Club marketing and becoming better known in the local community, and achieving increased member contributions to the *IMCZ News*.

Are you planning or organizing an event which you would like to have publicized to the rest of the Club membership? Do you have a topic or interest about which you would like to write for the *IMCZ News* on a regular basis?

Submit your story to Newsletter Editor Andrew DeBoo by the middle of a calendar month to be considered for publication in the following month's *IMCZ News*. Share your interest or become better known within the Club.

The appearance of the *IMCZ News* has changed, supported by the professional expertise of graphic designer and photographer Ron Sumners. Member submissions of photos, particularly from Club events, will be considered for publication (sumners@databaar.ch), and Ron can be thanked personally on a regular basis at the Stammtisch with a toast of his good work.

IMCZNEWS Advertising Rates

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